SPECIAL ISSUE ON SUMMER THINGS - SUMMER MOODS

Creating Stronger Communities in Central Virginia

Echo

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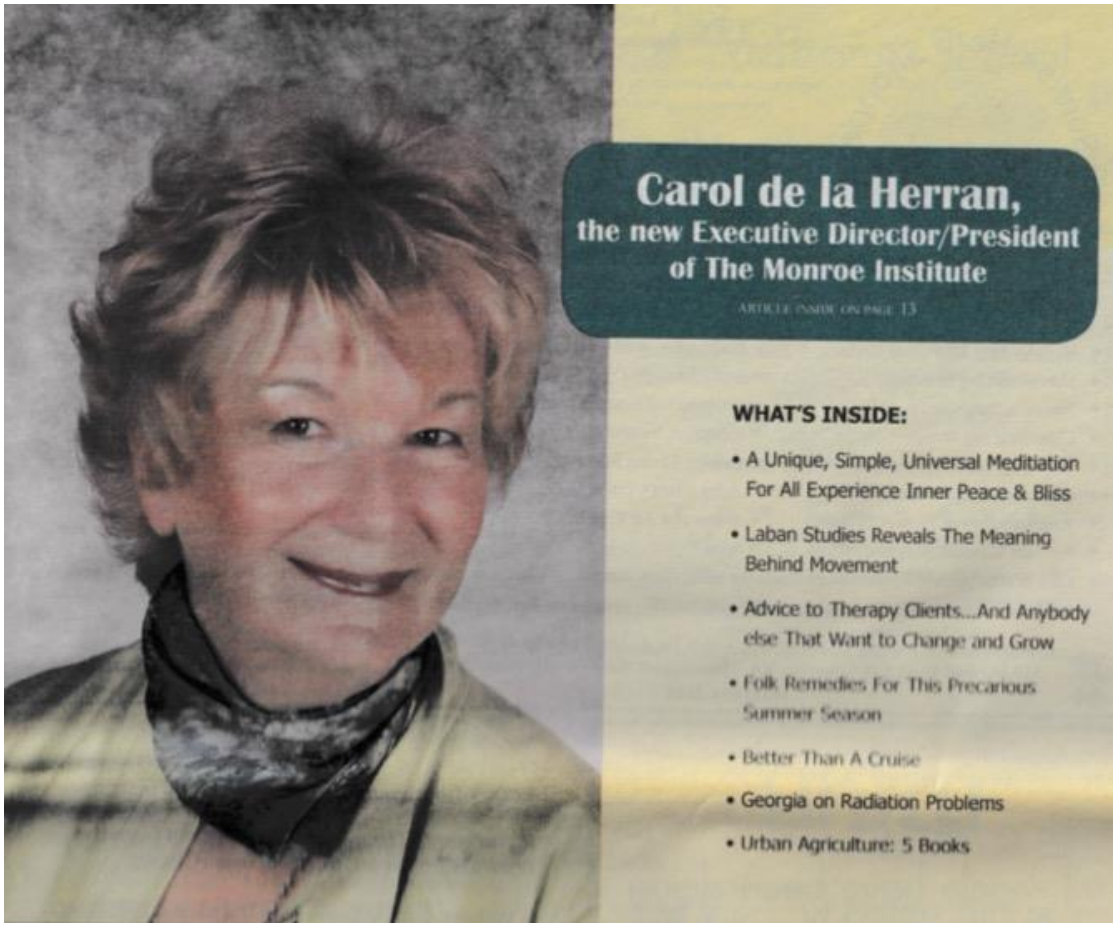

Carol de la Herran,
the new Executive Director/President of The Monroe Institute

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- A Unique, Simple, Universal Meditiation For All Experience Inner Peace & Bliss
- Laban Studies Reveals The Meaning Behind Movement
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- Better Than A Cruise
- Georgia on Radiation Problems
- Urban Agriculture: 5 Books

BETTER THAN A CRUISE

By Jim Rand

For many people this technology became their entree into experiencing other aspects of life; a much more meaningful experience for many than a the cruise.

What is The Monroe Institute? What does it do? Few residents in the central Virginia can answer those questions. Yet many people travel from all over the world to Nelson County to experience The Monroe Institute (TMI). The new Executive Director/President of TMI, Carol de la Herran, is working to make the TMI experience more well-known and more available to Virginians. For the price of a cheap cruise, TMI offers a week of full [illegible] the beyond-the-surrounding confined to the six-cast existence of a floating dwelling on a flat sea, even with all its luxurious five-sensory distractions. The TMI setting in the Blue Ridge Mountains near Nellysford is a beautiful, relaxing retreat and offers rich experiences beyond the five senses.

To enable more local people to get a taste of the TMI experience, Carol is offering free excursions into the TMI experience with free one day open houses as advertised in this Echo. And what is that experience? It takes people way beyond the five senses into new realms of life that are innate to us all but which are rarely explored by most of us. It takes us to the heights of what it is to be human.

Robert Monroe, the founder of TMI had spontaneous out-of-body experiences. It took him a while to learn he was not going bonkers. As a radio engineer, he employed special sound effects delivered through earphones to try and deliberately induce such experiences. For many people this technology became their entree into experiencing other aspects of life; a much more meaningful experience for many than a cruise! Its essence, this technology, called [illegible] allows those who successfully engage with it, however, not everyone is able to engage successfully. Too anchored to their five senses perhaps.

Carol hails from Cincinnati where she started a college degree in psychology and journalism. A junior-year abroad program took her to Spain, and lasted 46 years. There she enjoyed such disparate pursuits as raising her family, employing Reiki training to teach practitioners who worked on healing local people in a free clinic, building 120 harpsichords (at one point employing five people) and earning Spanish law and counseling psychology degrees in Spanish universities, as well as an MBA in marketing at the University of Puerto Rico campus in Seville.

She heard of TMI about 2 years before she actually attended a week-long course there. Carol admits she slept most of the first 4 days. Then she finally had a breakthrough experience that proved to her that the technology was working and that she could connect with other aspects of herself. Her life changed. Things worked better and she became a happier person as life became more pleasant. Beneficial synchronistic events became more common. Her emotions intensified. What is more, she declared what subsequently attracted her to TMI's methods is that they are so easy, and yet applicable to everyday life. Clearly TMI has profoundly impacted her, as it does many people.

Carol kept up her association with TMI, and introduced it to Spain. In 2008 this work expanded into facilitating TMI outreach more globally, there now being 120 trained TMI facilitators across many countries. With the resignation of the previous TMI Executive Director, Carol was appointed to that position on December 1, 2011.

Earlier this year, Dr. Eben Alexander, a neurosurgeon, was appointed Director of Research at TMI. While in a coma, with meningitis several years ago Dr Alexander had experiences not unlike those of Robert Monroe, and realized there is more to life than science has so far revealed. His book should be out at the end of the year and will be reviewed in Echo. TMI is beginning to actively collaborate with the Department of Perceptual Studies at UVA.

Carol de la Herran

Perhaps the reason so many people worldwide are attracted to TMI is due to people reading the three books Robert Monroe wrote about his experiences: Journeys Out of the Body, Far Journeys and Ultimate Journey.

Some years ago, I attended a one-week introductory "Gateway" session at TMI. While I cannot say I had a genuine out-of-body experience, neither can I say I definitely did not have one. I thoroughly enjoyed listening to the experiences of many of the participants during each debriefing, many of whom did have such an experience. Some of them arranged to meet each other out-of-body and clearly succeeded. What a fascinating group of people, a group one is unlikely to meet on a cruise ship! Their sharing aspects of the session were very rich, providing people with multi-dimensional views of life.

TMI also offers other programs such as Lifelines, Explorations, Heartlines, etc. Interested people can obtain details from the TMI website: www.monroeinstitute.com.

If you have contemplating a session or getting away from it all and are looking for a different experience in life, consider The Monroe Institute, right in your own

The Monroe Institute®

Faber, Virginia

Open house

It's free and you're invited!
Saturday, July 21st or August 25th
10am-4pm

The Monroe Institute (30 mi. south of CVille off Rt 29)
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